



## *“Quick Self-Criticism Removal Guide”*

by

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**Quick Self-Criticism Removal Sheet***Transforming Self-Criticism Into Self-Support*

This exercise is intended to heighten your awareness of *how you speak to yourself* in ways that either empower you or disempower you. You will clearly see that *what you think* determines *how you feel*---both of which dramatically affect your energy to live your full potential and build the business/practice of your dreams.

Here are the steps to Transformation:

1. Write down "My Heart's Wish about expanding my business/practice":

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2. Focus your attention on your heart's wish for your business/practice and write down *one self-critical thought* you've been saying to yourself about it. \_\_\_\_\_

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3. Notice *how/what you feel*. Check your gut. Choose *one feeling word* that emerges in the moment: \_\_\_\_\_

(If you have trouble finding your feeling word, consider the 4 broad categories: mad, sad, scared, glad.)

4. Let yourself *really feel* what you've been feeling in all of its unpleasantness when you've said the self-critical thought that lurks in your head. What do you notice about your energy? \_\_\_\_\_

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5. Now, **fold your paper** in half to continue.

6. Consider *what you'd rather feel*. Find one word. Let yourself really feel this new feeling: \_\_\_\_\_

7. Ask yourself: "What new *thought do I need to think* in order to feel this *new uplifting feeling* on a regular basis about my heart's wish for my business/practice"? \_\_\_\_\_

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8. Write down your heart's wish for your business/practice again and your *new, positive thought* about it.

My heart's wish: \_\_\_\_\_

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My new positive thought about it: \_\_\_\_\_

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9. Notice the feeling you prefer to *feel* once again, and write it down in **big letters**: \_\_\_\_\_

10. Write your new, *positive preferred thought* down **again** in **bigger letters**: \_\_\_\_\_

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11. Read the whole thing backwards: your new *positive thought*, how it now makes you *feel*, and your *heart's wish*.

12. Notice what this does to your energy. What happens? \_\_\_\_\_

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